

GUIDE TO HEALTHY LIVING EDUCATION

HEART HEALTHY DIET

A healthy diet is your best defense against cardiovascular disease and other heart related issues. Adult guidelines from the US government recommend the following:

- ♥ Eat lots of fruits, vegetables, whole grains, and low-fat or nonfat dairy products.
- ♥ Balance your eating with your activity in order to maintain a healthy weight.
- ♥ Drink alcohol in moderation, if at all.
- ♥ Limit foods high in salt, saturated fat, transfat, cholesterol, and added sugar.

www.ChooseMyPlate.gov is a website that can assist you in eating a well-balanced diet. MyPlate suggests that most adults eat certain amounts of foods from different food groups:

GRAINS - 5 to 8 ounces daily. Half should be whole grains.

VEGETABLES - 2 to 3 cups daily.

FRUITS - 1.5 to 2 cups daily.

PROTEIN FOODS - 5 to 6.5 ounces daily. Choose fish & lean poultry more often. Eat red meat and fried meats less often.

Dried beans, tofu, and nuts are other good sources of protein.

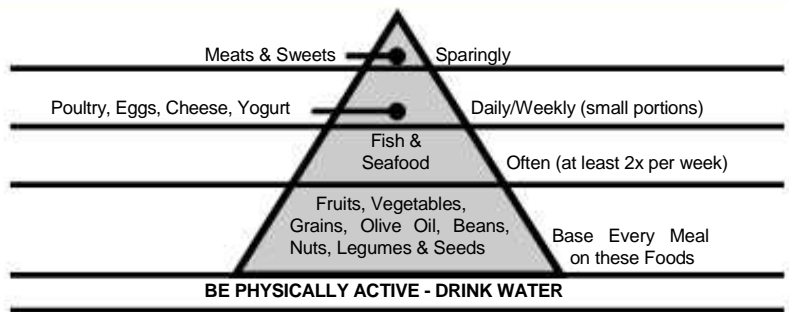
DAIRY - 3 cups of milk or milk products daily. Choose low-fat or fat-free products.

FATS & OILS - limit fats and oils, including those used in cooking. Choose fats and oils that are liquid at room temperature (unsaturated fats) such as canola oil and olive oil. Avoid foods high in trans fats such as fried foods, cookies, and snack foods.

There are many Heart Healthy Diets available for you to follow. However, many physicians often recommend the **Mediterranean Diet** for our patients. You may access this diet on many different websites, such as the following:

<http://patient.info/health/mediterranean-diet>

or you may ask a nurse for a copy of this diet and they will be happy to provide you with an additional hand-out.



MEDITERRANEAN DIET PYRAMID

TOBACCO USE

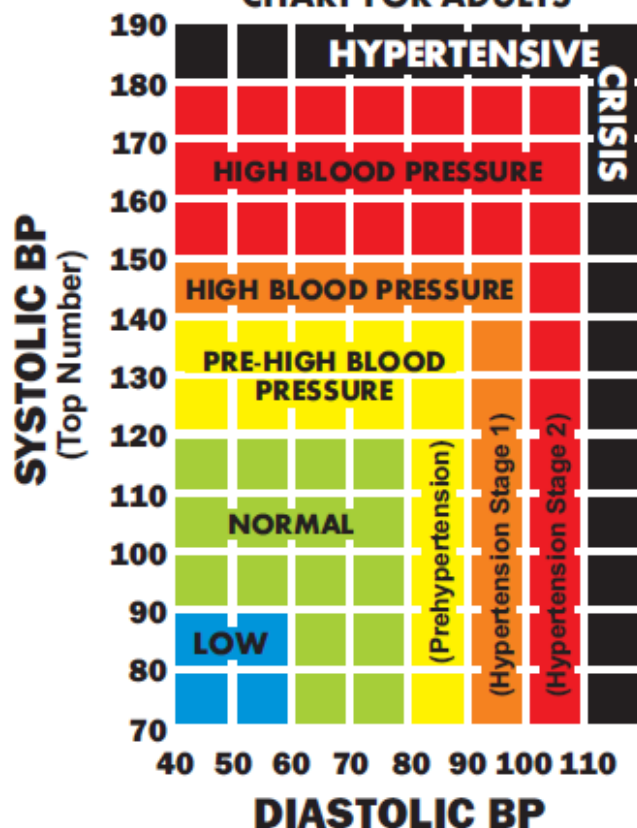
Tobacco use is the leading cause of preventable death and disease in the U.S. according to the American Lung Association. Tobacco smoke contains a deadly mix of more than 7,000 chemicals; hundreds are harmful, and about 70 can cause cancer. (Source: Centers for Disease Control & Prevention)

HEALTH BENEFITS OF STOPPING TOBACCO USE:

- ♥ Reduced risk for lung cancer and many other types of cancer.
- ♥ Reduced risk for heart disease, stroke, and peripheral vascular disease (narrowing of the blood vessels outside your heart).
- ♥ Reduced respiratory symptoms, such as coughing, wheezing, and shortness of breath.
- ♥ Reduced risk for lung diseases such as COPD (chronic obstructive pulmonary disease, one of the leading causes of death in the US).

We recommend that all of our patients discontinue the use of tobacco or tobacco products. If you would like help quitting, please talk to your physician.

BLOOD PRESSURE CHART FOR ADULTS



HIGH BLOOD PRESSURE

WHAT IS HIGH BLOOD PRESSURE?

Blood pressure is a measure of how hard the blood pushes against the walls of your arteries. It is normal for blood pressure to go up and down throughout the day, but if it stays up, you have high blood pressure or hypertension. Two numbers tell you your blood pressure. The first number is the systolic pressure and the second is the diastolic pressure. Over time, hypertension causes damage to the walls of your arteries. Fat and calcium may start to build up and your blood flow may be decreased causing damage to some of the organs in your body. This can lead to issues such as: coronary artery disease, heart failure, stroke, kidney failure, and eye damage.

SYMPTOMS

According to the American Heart Association, unless your blood pressure reading is in the **HYPERTENSIVE CRISIS** range (Systolic over 180 or Diastolic over 110), **HIGH BLOOD PRESSURE** often presents **NO** symptoms. Therefore, it is critical that you have your blood pressure checked regularly. If your systolic is over 180 or your Diastolic is over 110, then you may experience severe headaches and/or blurry vision.

SYSTOLIC (90-120)

The top # - measures the pressure in the arteries when the heart muscle contracts (beats)

DIASTOLIC (60-80)

The bottom # - measures the pressure in the arteries between heart beats (the heart muscle rests between beats and refills with blood).

PREVENTION

- ♥ Eat a Healthy Diet (reduce salt)
- ♥ Regular Exercise
- ♥ Maintain a Healthy Weight
- ♥ Manage Stress
- ♥ Avoid Tobacco Smoke
- ♥ Comply with Medication Prescriptions
- ♥ Limit Alcohol (if you drink)
- ♥ Understand Hot Tub Safety

GUIDE TO HEALTHY LIVING EDUCATION

BODY MASS INDEX (BMI)

Body Mass Index (BMI) can help you see if your weight is raising your risk for health problems. It uses a formula to compare how much you weigh with how tall you are. If your BMI is in normal range (18.5-24.9), it means you have a lower risk for weight-related health problems. If your BMI is in the overweight or obese range (25 or higher), you may be at increased risk for weight-related health problems, such as high blood pressure, heart disease, stroke, arthritis or joint pain, and diabetes. BMI is just one measure of your risk for weight-related health problems. You may be at higher risk for health problems if you are not active, you eat an unhealthy diet, or you drink too much alcohol or use tobacco products.

BODY MASS INDEX SCALE

| HEIGHT (IN) | 00 UNDERWEIGHT | | | | 00 HEALTHY | | | | 00 OVERWEIGHT | | | | 00 OBESE | | | | 00 EXTREMELY OBESE | | | | | | | |
|-------------|----------------|-----|-----|-----|------------|-----|-----|-----|---------------|-----|-----|-----|----------|-----|-----|-----|--------------------|-----|-----|-----|-----|-----|-----|-----|
| 5'0" | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 32 | 33 | 34 | 35 | 36 | 37 | 38 | 39 | 40 | 41 | 42 |
| 5'1" | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 32 | 33 | 34 | 35 | 36 | 37 | 38 | 39 | 40 | |
| 5'2" | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 32 | 33 | 34 | 35 | 36 | 37 | 38 | 39 | | |
| 5'3" | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 32 | 33 | 34 | 35 | 36 | 37 | 38 | | |
| 5'4" | 17 | 18 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 31 | 32 | 33 | 34 | 35 | 36 | 37 |
| 5'5" | 16 | 17 | 18 | 19 | 20 | 20 | 21 | 22 | 23 | 24 | 25 | 25 | 26 | 27 | 28 | 29 | 30 | 30 | 31 | 32 | 33 | 34 | 35 | 35 |
| 5'6" | 16 | 17 | 17 | 18 | 19 | 20 | 21 | 21 | 22 | 23 | 24 | 25 | 25 | 26 | 27 | 28 | 29 | 29 | 30 | 31 | 32 | 33 | 34 | 34 |
| 5'7" | 15 | 16 | 17 | 18 | 18 | 19 | 20 | 21 | 22 | 22 | 23 | 24 | 25 | 25 | 26 | 27 | 28 | 29 | 29 | 30 | 31 | 32 | 33 | 33 |
| 5'8" | 15 | 16 | 16 | 17 | 18 | 19 | 19 | 20 | 21 | 22 | 22 | 23 | 24 | 25 | 25 | 26 | 27 | 28 | 28 | 29 | 30 | 31 | 32 | 32 |
| 5'9" | 14 | 15 | 16 | 17 | 17 | 18 | 19 | 20 | 20 | 21 | 22 | 22 | 23 | 24 | 25 | 25 | 26 | 27 | 28 | 28 | 29 | 30 | 31 | 31 |
| 5'10" | 14 | 15 | 15 | 16 | 17 | 18 | 18 | 19 | 20 | 20 | 21 | 22 | 23 | 23 | 24 | 25 | 25 | 26 | 27 | 28 | 28 | 29 | 30 | 30 |
| 5'11" | 14 | 14 | 15 | 16 | 16 | 17 | 18 | 18 | 19 | 20 | 21 | 21 | 22 | 23 | 23 | 24 | 25 | 25 | 26 | 27 | 28 | 28 | 29 | 30 |
| 6'0" | 13 | 14 | 14 | 15 | 16 | 17 | 17 | 18 | 19 | 19 | 20 | 21 | 21 | 22 | 23 | 23 | 24 | 25 | 25 | 26 | 27 | 27 | 28 | 29 |
| 6'1" | 13 | 13 | 14 | 15 | 15 | 16 | 17 | 17 | 18 | 19 | 19 | 20 | 21 | 21 | 22 | 23 | 23 | 24 | 25 | 25 | 26 | 27 | 27 | 28 |
| 6'2" | 12 | 13 | 14 | 14 | 15 | 16 | 16 | 17 | 18 | 18 | 19 | 20 | 21 | 21 | 22 | 23 | 23 | 24 | 25 | 25 | 26 | 27 | 27 | |
| 6'3" | 12 | 13 | 13 | 14 | 15 | 15 | 16 | 16 | 17 | 18 | 18 | 19 | 20 | 21 | 21 | 22 | 23 | 23 | 24 | 25 | 25 | 26 | 26 | |
| 6'4" | 12 | 12 | 13 | 14 | 14 | 15 | 15 | 16 | 17 | 17 | 18 | 18 | 19 | 20 | 20 | 21 | 22 | 22 | 23 | 23 | 24 | 25 | 25 | 26 |
| | 100 | 105 | 110 | 115 | 120 | 125 | 130 | 135 | 140 | 145 | 150 | 155 | 160 | 165 | 170 | 175 | 180 | 185 | 190 | 195 | 200 | 205 | 210 | 215 |

WEIGHT (LBS)

FALLS PREVENTION

Getting around your home safely can be a challenge if you have injuries or health problems that make it easy for you to fall. However, you can make your home safer by taking a few simple precautions: Maintaining a healthy lifestyle and making some simple changes to your home and/or environment.

HEALTHY LIFESTYLE PRECAUTIONS

- ♥ **Drink Plenty of Water.** Dehydration can cause dizziness (if you have kidney, heart, or liver disease, please discuss this with your physician).
- ♥ **Exercise Regularly** to improve strength, muscle tone, and balance.
- ♥ **Vision & Hearing** should be checked every year or any time you notice a change. If you struggle to see or hear, you may not be able to avoid objects and could lose your balance.
- ♥ **Medication side effects.** Check with your pharmacist regarding any potential side effects of the medicines you are taking.
- ♥ **Alcohol should be limited** due to it can impair your balance and other senses.
- ♥ **Foot care is essential.** If you wear loose fitting shoes due to a foot injury, calluses, or corns, you could lose your balance and fall. Also, let your physician know if you have any numbness in your feet.

ENVIRONMENTAL PRECAUTIONS

- ♥ **Flooring & Thresholds.** Remove any loose carpet, throw rugs, raised flooring or raised doorway thresholds.
- ♥ **Furniture & Clutter.** Move furniture, electrical cords, and other potential tripping hazards out of the walking paths.
- ♥ **Floor Wax/Cleaner.** Use non-skid floor wax or cleaners and wipe up spills right away.
- ♥ **Lighting.** Keep your house well lit, especially in stairways, porches, and outside walkways. Use night lights in bathrooms and hallways.
- ♥ **Handrails.** Install sturdy handrails on stairways and in bath tubs/showers.
- ♥ **Cabinets & Shelving.** Move items that you need to access to lower shelves and cabinets so you do not need to climb on chairs or ladders to reach them.
- ♥ **Cordless phone & Flashlight.** Keep these items by your bedside with fresh batteries so if you need to get up in the middle of the night or if the power goes out you can see where you are going and call for help if something were to happen.
- ♥ **Shoes.** Wear low healed shoes with non-skid soles that fit well and gives your feet good support. Replace or repair worn heels or soles.
- ♥ **Socks.** Do not wear socks without shoes on non-carpeted flooring.
- ♥ **Sidewalks.** Walk on grass if the sidewalk is slippery.
- ♥ **Bathrooms.** Use Shower chairs/benches and handheld shower heads. Get into the tub or shower by putting your weaker leg in first and get out by putting your stronger leg first. Repair loose toilet seats and consider getting a raised toilet seat to make getting on and off the toilet easier. Use non-skid mats inside and outside of your bath tub or shower, and near your toilet and sinks.